

Creamy and Crispy Hash Browns Frittata

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/hash-browns-indian-recipe>

Ingredients:

- 4 cups refrigerated hash browns
- 1 pound Simply Potatoes Shredded Hash Browns
- 10 1/2 ounces cream of potato soup cream of mushroom, chicken, or other cream-style soup may be substituted
- 1 1/2 cups shredded cheese optional
- 1 cup vegetables or pre-cooked beans, optional, diced onions, garlic, mushrooms, grated carrots, zucchini, corn, beans
- 3 large eggs lightly beaten
- 2 tablespoons olive oil
- 1 teaspoon all purpose seasoning blend, Mrs. Dash, Trader Joe's 21 Salute, Lowry's, or similar
- salt optional
- pepper optional

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 205 milligrams
4. Fat: 46 grams
5. Fiber: 7 grams
6. Protein: 22 grams
7. SaturatedFat: 15 grams
8. Sodium: 1370 milligrams
9. Sugar: 2 grams

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